



# EARLY DETECTION

Basic tips on self exams for breast cancer.

## STEP 1

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.



Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

Now, raise your arms and look for the same changes.

## STEP 2

## STEP 3

While at the mirror, look for any signs of fluid coming out of one or both nipples (This could be a watery, milky, or yellow fluid or blood).

Next, feel your breasts while lying down, using your right hand to feel your left breast, then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

## STEP 4



## STEP 5

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.



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# LCBOE HEAD START

## OCTOBER 2017

## NURSE'S NOTES



*Drug Free....is the way to be!*

Welcome to the first issue of *Nurse's Notes*. *Nurse's Notes* is a monthly newsletter in which you will find articles on a wide variety of health and nutrition topics. During this month our topics of focus are: **Breast cancer awareness, Bullying prevention, Dental awareness, and The Best of Breastfeeding**. I hope you find this information not only interesting but useful as well.

~Nurse Robinson



# STOP BULLYING

Adults are just as vulnerable as teenagers when it comes to cyberbullying.

Adult bullies thrive on keeping the drama going.

Block, report, and flag any and all content by a cyber bully.

This sends a strong statement

that you won't condone this type of internet behavior

Cyber bullies rarely think of the consequences of their actions.

If you are the victim of an online bully or if you witness other acts of cyberbullying, file a complaint through the website.

Take Action. Prevent Bullying.



[http://www.ahow.com/how\\_5270535\\_fight-adult-cyberbullying.html](http://www.ahow.com/how_5270535_fight-adult-cyberbullying.html)

## NATIONAL DENTAL HYGIENE MONTH

SMILE LIKE A ROCK STAR!



**BRUSH** TWICE A DAY



**FLOSS** ONCE A DAY



**AVOID** EXCESS SUGAR



**EAT** A HEALTHY DIET



**DRINK** PLENTY OF WATER



**SEE** YOUR DENTIST REGULARLY

HAPPY DENTAL HYGIENE MONTH!

# The Best of Breastfeeding

## Lowers risk of diseases

Babies who are breastfed have a lower risk of diseases— including diabetes, obesity, inflammatory bowel disease, celiac disease, childhood leukemia and lower respiratory tract infections.

## Prevents infections

Breastfeeding may also help prevent ear infections and allergies.

## Reduces SIDS

A Pediatrics study found breastfeeding reduces the risk of sudden infant death syndrome (SIDS).



## Breastfeeding can help moms, too

Breastfeeding can lower the risk of type 2 diabetes and breast and ovarian cancer. Breastfeeding mothers may also be less likely to have postpartum depression.

## Breastfeeding can save money

If 90 percent of mothers in America breastfed their babies for the first six months, it would save \$13 billion a year.



## Smarter babies

Some studies have found that babies who have been breastfed for three months or longer have higher intelligence scores.

## Stronger immune systems

Breast milk can help premature babies strengthen their immune systems and help with neurological development.

